

Adult Water Polo (ages 17+) at Parkway

A structured water polo practice, including scrimmages. Competitive water polo experience is not required, but strong swimming skills and the ability to tread water are needed.

Fees: \$6 per practice or \$50/10 practices
Saturday 9:00 - 11:00 am

Water Aerobics

A perfect workout for any level of athletic ability. Participants will benefit from using the natural resistance and buoyancy of the water to avoid subjecting the body to the stress and impact of walking or running on land.

Fees: \$4 or \$35/10 classes
Monday, Wednesday, Friday 11 am – 12 pm at Loma Verde
Saturday 9:15 - 10:15 am at Parkway

Aqua Fun and Fit (ages 8 - 14)

Part of the award winning fun to be fit program, this class teaches students to exercise and have fun in the water.

Fees: FREE Compliments of Las Primeras
Wednesday 2:00 - 3:30 pm at Parkway #7703
Friday 2:00 - 3:30 pm at Loma Verde #7704

Junior Lifeguard Program (ages 9 - 14)

This class introduces basic first aid, CPR and water rescue techniques. Students must be able to swim 25 yards crawl stroke. This class is an exciting introduction to lifeguarding.

Fees: \$85 per session
Monday - Friday 9:00 am - 12:00 pm at Parkway #7702
Session 1: June 15 - June 26
Session 2: June 29 - July 10
Session 3: July 13 - July 24

Saturdays 9:30 am - 3:00 pm at Loma Verde #7701
Session A: June 27 - July 25
Session B: August 8 - August 29

SUMMER SWIM LESSON REGISTRATION INFORMATION

Register on-line at www.chulavistaca.gov/rec, at either aquatic facility or any Recreation Center.

OFFICE HOURS

Monday - Friday 3:00 - 7:00 pm
Registration for summer classes begins on May 18
Registration for extended summer classes begins August 17

REFUND POLICY

Transfer, credits and refunds are issued under limited circumstances up to 72 hours prior to the start of the class. There is a \$5 processing fee for any transfer, credit or refund. To request a transfer/credit contact an Aquatic Supervisor at the facility that the class is scheduled.

LAP SWIM (6/15 - 8/30)

Parkway Family Aquatic Center

Mon, Wed, Fri 9:30 am - 3:00 pm (June 15 - July 24)
Mon - Fri 11:00 - 1:00 pm
Tue, Thur 7:00 - 8:30 pm
Saturday 1:00 - 4:00 pm

Loma Verde Family Aquatic Center

Mon - Fri 6:00 - 7:30 am
11:00 am - 1:00 pm
Saturday 1:00 - 4:00 pm

RECREATION SWIM (6/15 - 8/30)

Parkway Family Aquatic Center

Mon, Wed, Fri 1:00 - 3:30 pm (June 15 - July 24)
Tue, Thur 7:00 - 8:30 pm
Saturday 1:00 - 4:00 pm

Loma Verde Family Aquatic Center

Tue, Thur, Fri 1:00 - 3:30 pm (June 15 - July 24)
Saturday 1:00 - 4:00 pm

POOL ADMISSION FEES

Adult: \$3 or \$24 for 10 visit pass
Senior Citizen (55 + years): \$2 or \$16 for 10 visit pass
Child (4 - 17 years): \$2 or \$12 for 10 visit pass
Infant (6 mos - 3 years): Free with paying adult

Summer Pool Closures

Parkway: June 6 - 10 [Pre-Summer Maintenance]
Loma Verde: June 10 - 14 [Pre-Summer Maintenance]
All Pools: June 13 [Staff Training]
All Pools: July 3 - 5 [Independence Day Weekend]
All Pools: September 5 - 7 [Labor Day Weekend]

Splash Party Pool Rentals

Consider renting the pool as an affordable option for birthday parties, company gatherings, special events, or school activities. Both pools are available Saturday afternoons and all day Sunday throughout the summer. Contact an Aquatic Supervisor for details. Fees: \$110 per hour (2 hour minimum)

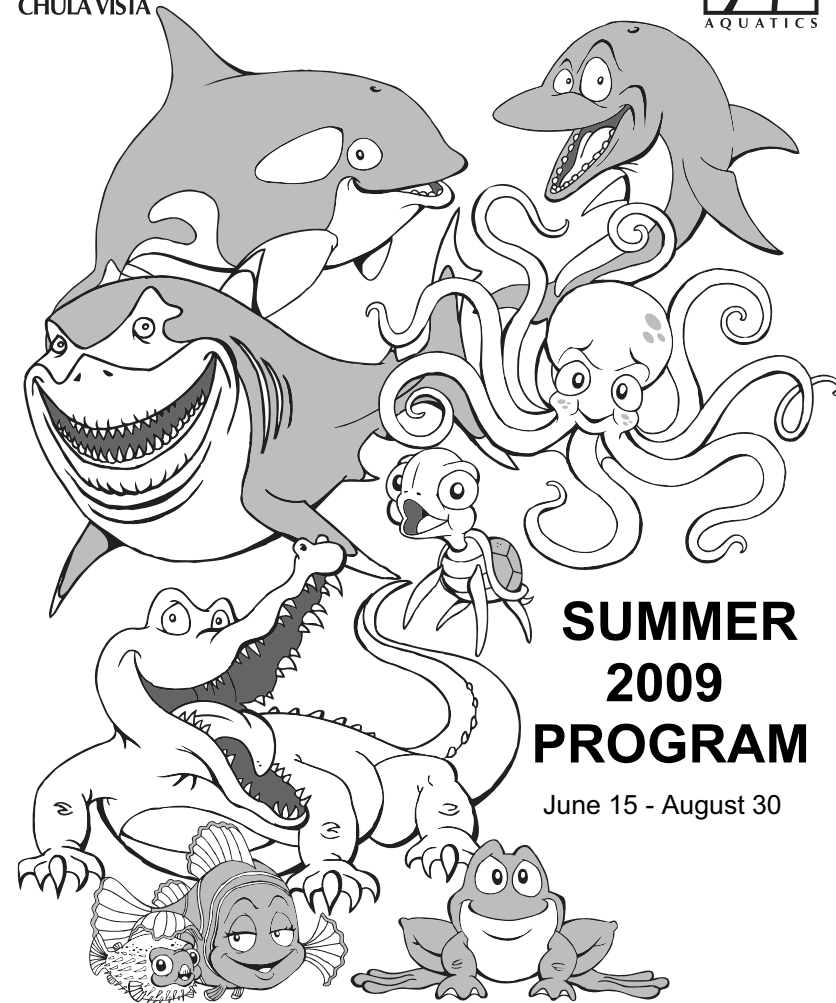
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RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec



SUMMER 2009 PROGRAM

June 15 - August 30

Loma Verde Family Aquatic Center

1420 Loma Lane
Chula Vista, CA 91911
(619) 691-5081
aquatics@ci.chula-vista.ca.us

Parkway Family Aquatic Center

385 Park Way
Chula Vista, CA 91910
(619) 691-5088
aquatics@ci.chula-vista.ca.us

Visit our website for more detailed information
www.chulavistaca.gov/rec

CLASS DESCRIPTIONS

Parent & Tot (ages 6 months - 3 years)

Parents join their children in the water for basic water adjustment and safety skills in a warm, enjoyable environment. Having a parent in the water allows your child to gain comfort and confidence. Children in must wear a swim diaper.

Tiny Tots (ages 4 - 5 years)

Water adjustment safety skills and basic introductory swimming skills are presented in a fun environment. This class introduces children to aquatic instruction without a parent.

Learn to Swim Level 1 to 5 (ages 6 - 16 years)

Swimming skills and personal safety skills are taught to beginning, intermediate and advanced students. Children will be assessed on the first day of class to determine the most appropriate level to enhance their aquatic development. Enrollment in these classes can sometimes require that more than one level be combined.

Private Lessons (ages 4 + years)

This is an affordable opportunity for up to 2 participants to receive extra attention from our most experienced instructors. Children benefit from the added personalized attention, and we cater class content to the specific needs of the student(s). The second child is free, but both students must have similar abilities.

Weekday Private Lessons \$80 per 2 week session

Parkway: Mon/Wed Class

Morning (Session 1 - 3)

9:05 - 9:35 am #7602

9:40 - 10:10 am #7604

10:15 - 10:45 am #7606

10:50 - 11:20 am #7608

11:25 - 11:55 am #7610

Afternoon (Session 1 - 7)

3:35 - 4:05 pm #7612 (1 - 5)

4:10 - 4:40 pm #7614 (1 - 5)

4:45 - 5:15 pm #7616 (1 - 5)

5:20 - 5:50 pm #7618 (1 - 5)

5:55 - 6:25 pm #7620 (1 - 5)

4:00 - 4:30 pm #7611 (6 - 7)

4:35 - 5:05 pm #7613 (6 - 7)

5:10 - 5:40 pm #7615 (6 - 7)

5:45 - 6:15 pm #7617 (6 - 7)

6:20 - 6:50 pm #7619 (6 - 7)

Loma Verde: Tue/Thur Class

Morning (Session 1 - 3)

9:05 - 9:35 am #7601

9:40 - 10:10 am #7603

10:15 - 10:45 am #7605

10:50 - 11:20 am #7607

11:25 - 11:55 am #7609

Afternoon (Session 1 - 7)

4:00 - 4:30 pm #7611

4:35 - 5:05 pm #7613

5:10 - 5:40 pm #7615

5:45 - 6:15 pm #7617

6:20 - 6:50 pm #7619

Saturday Private Lessons \$80 per 4 week session

Parkway (Session A - D)

9:05 - 9:35 am #7622 & #7642

9:40 - 10:10 am #7624 & #7644

10:15 - 10:45 am #7626 & #7646

10:50 - 11:20 am #7628 (A - B)

11:25 - 11:55 am #7630 (A - B)

Loma Verde (Session A - C)

9:05 - 9:35 am #7621

9:40 - 10:10 am #7623

10:15 - 10:45 am #7625

10:50 - 11:20 am #7627

11:25 - 11:55 am #7629



SUMMER SWIM LESSON SCHEDULE

Monday - Friday Classes

Fee: \$35 per 2 week session

Session 1: June 15 - June 26

Session 2: June 29 - July 10 (No class 7/3/09)

Session 3: July 13 - July 24

Session 4: July 27 - August 7

Session 5: August 10 - August 21

Parent & Tot (ages 6 months - 3 years)

Parkway

10:50 - 11:20 am #7002 (1 - 3)

11:25 - 11:55 am #7004 (1 - 3)

4:10 - 4:40 pm #7006

4:45 - 5:15 pm #7008

Loma Verde

9:05 - 9:35 am #7001 (1 - 3)

10:50 - 11:20 am #7003

4:00 - 4:30 pm #7005

5:10 - 5:40 pm #7007

Tiny Tot (ages 4 - 5 years)

Parkway

9:40 - 10:10 am #7102 (1 - 3)

10:50 - 11:20 am #7104 (1 - 3)

11:25 - 11:55 am #7106 (1 - 3)

4:10 - 4:40 pm #7108

4:45 - 5:15 pm #7110

Loma Verde

9:05 - 9:35 am #7101 (1 - 3)

10:15 - 10:45 am #7103 (4 -5)

10:50 - 11:20 am #7105

4:00 - 4:30 pm #7107

5:10 - 5:40 pm #7109

Learn to Swim (ages 6 - 16 years)

Parkway

9:05 - 9:35 am #7202 (1 - 3)

9:40 - 10:10 am #7204* (1 - 3)

10:15 - 10:45 am #7206 (1 - 3)

3:35 - 4:05 pm #7208

5:20 - 5:50 pm #7210

5:55 - 6:25 pm #7212

6:30 - 7:00 pm #7214 *

Loma Verde

9:40 - 10:10 am #7201 (1 - 3)

10:15 - 10:45 am #7203 (1 - 3)

11:25 - 11:55 am #7205*

4:35 - 5:05 pm #7207*

5:45 - 6:15 pm #7209

6:20 - 6:50 pm #7211*

* Only level 1 & 2 are offered at these times.

Swim Clinic (ages 6 - 17 years)

Designed to bridge swim lessons with competitive swimming, this program provides focused instruction on the racing strokes, starts, turns and finishes. A perfect introduction to swim team.

Parkway

6:30 - 7:00 pm #7302 (1 - 5)

6:20 - 6:50 pm #7304 (6 - 7)

Loma Verde

11:25 - 11:55 am #7301 (1 - 3)

4:35 - 5:05 pm #7303 (1 - 7)

Adult Lessons (ages 17 + years) \$40 per 2 week session

Adult lessons are catered to meet the various needs of each individual. Participants should come prepared to tell the instructor what skills they want to be the focus of their instruction.

Parkway

6:30 - 7:00 pm #7402 (1 - 5)

6:20 - 6:50 pm #7404 (6 - 7)

Loma Verde

6:20 - 6:50 pm #7401 (1 - 7)



EXTENDED SUMMER SWIM LESSON SCHEDULE

Monday - Friday Classes (15 % Discount for children)

Fee: \$30 per 2 week session

Session 6: August 24 - September 4

Session 7: September 8 - September 18 (No class 9/7/09)

Parent & Tot (ages 6 months - 3 years)

Parkway

4:35 - 5:05 pm #7014

5:10 - 5:40 pm #7016

Loma Verde

4:00 - 4:30 pm #7005

5:10 - 5:40 pm #7007

Tiny Tot (ages 4 - 5 years)

Parkway

4:35 - 5:05 pm #7118

5:10 - 5:40 pm #7120

Loma Verde

4:00 - 4:30 pm #7107

5:10 - 5:40 pm #7109

Learn to Swim (ages 6 - 16 years)

Parkway

4:00 - 4:30 pm #7222

5:45 - 6:15 pm #7224

6:20 - 6:50 pm #7226*

Loma Verde

4:35 - 5:05 pm #7207*

5:45 - 6:15 pm #7209

6:20 - 6:50 pm #7211

* Only level 1 & 2 are offered at these times.

SUMMER SATURDAY CLASSES

Fee: \$15 per 4 week session

Session A: June 20 - July 18 (No class 7/4/09)

Session B: July 25 - August 22 (No class 8/1/09)

Session C: August 29 - September 26 (No class 9/5/09)

Session D: October 3 - October 24

Parent & Tot (ages 6 months - 3 years)

Parkway

9:40 - 10:10 am #7010 (A - B)

10:15 - 10:45 am #7012 (A - B)

10:50 - 11:20 am #7018 (C - D)

Loma Verde

9:05 - 9:35 am #7009 (A - C)

10:50 - 11:20 am #7011 (A - C)

Tiny Tot (ages 4 - 5 years)

Parkway

9:40 - 10:10 am #7112 (A - B)

10:15 - 10:45 am #7114 (A - B)

10:50 - 11:20 am #7116 (A - B)

11:25 - 11:55 am #7122 (C - D)

Loma Verde

9:05 - 9:35 am #7111 (A - C)

9:40 - 10:10 am #7113 (A - C)

10:50 - 11:20 am #7115 (A - C)

Learn to Swim (ages 6 - 16 years)

Parkway

9:05 - 9:35 am #7216 (A - B)

10:50 - 11:20 am #7218 (A - B)

11:25 - 11:55 am #7220 (A - B)

11:25 - 11:55 am #7228* (C - D)

Loma Verde

9:40 - 10:10 am #7213* (A - C)

11:25 - 11:55 am #7215 (A - C)

* Only level 1 & 2 are offered at these times.

